

The Town of Colma is partnering with the Colma Daly City Chamber of Commerce to help bring health and fitness awareness to the residents of Colma. Some of the featured activities will be free seasonal flu shots (while supplies last), blood pressure readings, massages, body fat testing, fit and medicine ball demonstrations, healthy cookings presentations, and much more. All participants will enter into a raffle for great prizes. You must be a Colma resident with a current Colma I.D. to participate in this event. Please R.S.V.P for this event by calling 650-985-5678 by Monday, November 9, 2009. For more information please [click here](#).